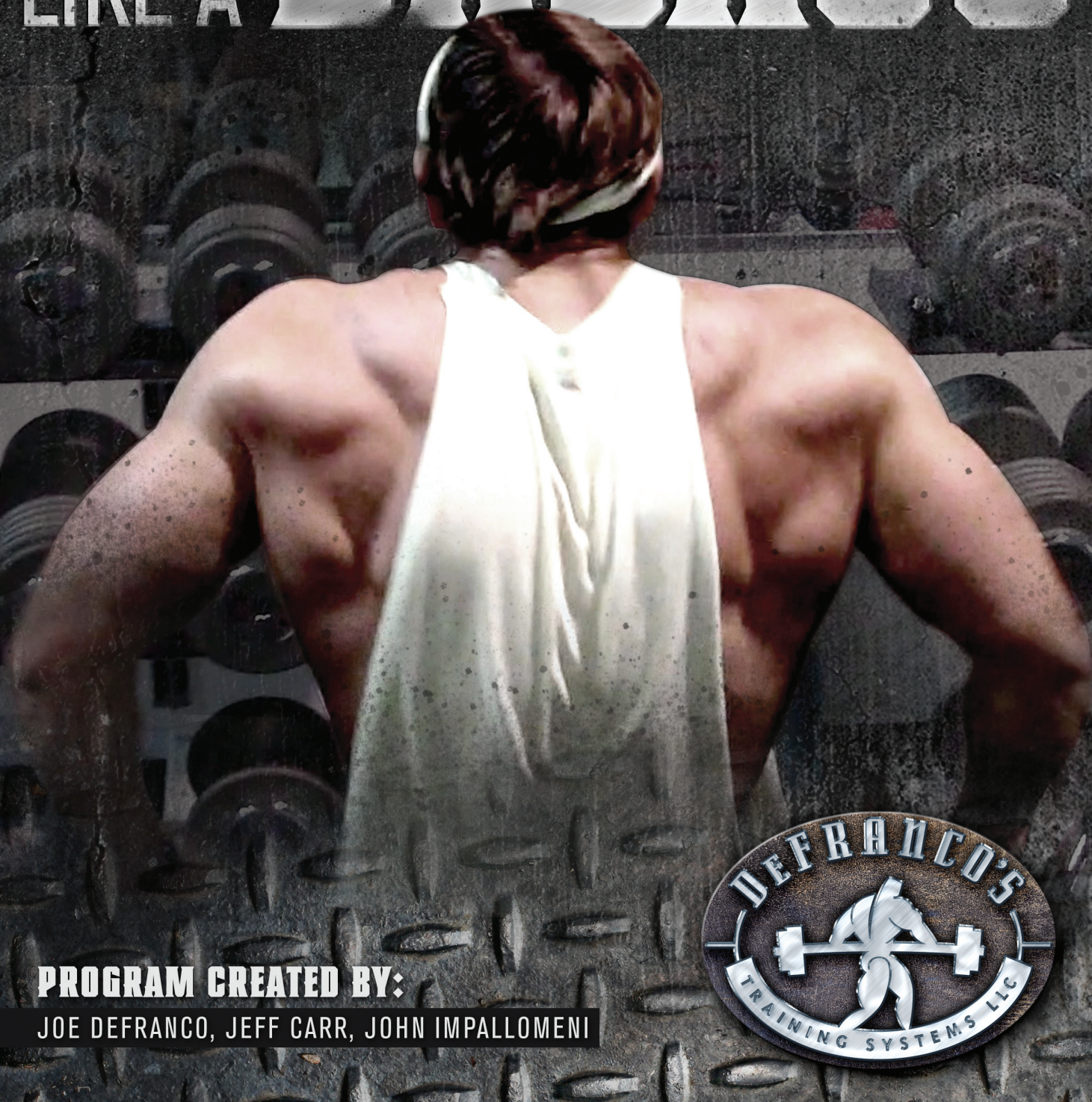


THE 12-WEEK BLUEPRINT TO A MUSCULAR, ATHLETIC PHYSIQUE

BUILT LIKE A **BADASS**



PROGRAM CREATED BY:

JOE DEFRANCO, JEFF CARR, JOHN IMPALLOMENI



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BADASS [bad-ass] adj. - the epitome of the American male. He radiates confidence in everything he does, whether it's lifting weights, ordering a drink, playing a sport, buying a car, or dealing with women. He's slow to anger, yet brutally efficient when fighting back.

The badass carves his own path. He wears, drives, drinks, watches, and listens to what he chooses, when he chooses, where he chooses, uninfluenced by fads or advertising campaigns. Badass style is understated but instantly recognizable. Like a chopped Harley or a good pair of sunglasses: simple, direct, and functional.





BACKGROUND

What you are about to read just may be one of the most powerfully effective and unique training programs ever created. Here's why—and how—this system of training evolved...

It all started in 2004 when we published the original ["Westside for Skinny Bastards"](#) article/program. That program revealed how we manipulate many of the Westside Barbell powerlifting methods to accommodate the specific needs of our athletes. That single article changed the way that tens of thousands of athletes around the world trained! "WS4SB" literally took on a life of its own. With the popularity of the program came questions...and more questions...and more questions. People loved the program so much that they wanted more. As the feedback continued to pour in and our athletes continued to evolve, so did the WS4SB program. This prompted us to upgrade the program and write ["Westside for Skinny Bastards Part II."](#)

After writing WS4SB II, a new group of people started emailing and calling us on a daily basis. This group wanted us to show them "some love" so they too can achieve the lean, muscular, athletic look that most of our athletes possess. Ironically, the group that I'm referring to weren't competitive athletes; they were what we refer to as "washed-up meatheads". Now before you get offended, the term "washed-up meathead" is not a derogatory term at our gym. It's just our fun-loving way of referring to former athletes, Weekend Warriors or Average Joe's who still like to train hard and look athletic - even though their competitive playing days may be over. So when we published the [third installment](#) of the WS4SB program, we added a template for the washed-up meatheads. Washed-up meatheads all over the world felt alive again! They started looking and feeling like they did back in their "playing days". Going to the gym had meaning again as they looked forward to the challenging workouts.

Since there are a lot more "former athletes" in this world (compared to competitive athletes), feedback from washed-up meatheads started out-numbering all other groups. Although washed-up meatheads loved their template in the WS4SB III program, they wanted something they could call their own. After all, the WS4SB series was originally created for high school, college and professional athletes. Basically, the washed-up meatheads felt like guests at someone else's party. So they sent their comments and their feedback...over and over and over! They literally forced us into submission and made us listen to them! During the course of the past year-and-a-half, we did listen to their feedback, we took notes, and we started experimenting. Your feedback, coupled with our research and experimentation, is how this program evolved and came to life!

The program you are about to read is guaranteed to change the way you train forever. Gone are the days of sitting at the bar and telling everyone how you used to be in great shape. It's time for a new breed of washed-up meathead to evolve! It's time to look and feel like an athlete again, without having to get banged up like you did when you were a competitive athlete.

Up to this point, after your high school or college playing days were over, the only place to turn for training programs were bodybuilding magazines. But to us, there's nothing badass about a bodybuilder who has slabs and slabs of muscle, yet can't function outside of the gym. What good is it to be jacked out of your mind, if you can't even play catch with your kids, tie your own shoes, or wipe your own ass?!

The "Badass" Program is the total package; you will get stronger, build muscle, burn fat and become "functional" again! Below we will explain the main pieces of the puzzle that make up this Program. After you understand the components of the program, we will reveal the 12-week Badass Blue Print!





PROGRAM COMPONENTS



Max-Effort Method

You will notice that DAY 1 and DAY 2—and for some of you, DAY 3 (depending on your chin-up strength)—start with a max-effort movement. The reasoning for this is two-fold. First of all, we are big proponents of being strong, regardless if you're an athlete or not! The #1 training factor for developing muscular strength is to develop *tension* in your muscles. Lifting maximal weights is the best way to develop that tension. It's also a great way to develop rock-solid muscle – compared to performing traditional “bodybuilding” methods alone.

Another reason for starting most workouts with a max-effort lift is the increased neural drive. The nervous system is still the most overlooked component of strength and muscle building. When you “excite” your nervous system early in the workout, you will be able to recruit more motor units during the “hypertrophy” portion of the workout. Simply put, you will be able to handle heavier weights—for more reps—after stimulating the nervous system with the first exercise.

The “BIG 3” movements in this program are the bench press, chin-up and a squat or deadlift variation. (YOU choose whether you want to perform squats or deadlifts as your main lift on DAY 2.) It doesn't take a rocket scientist to figure out why we chose these three lifts. Basically, every major muscle group is accounted for with just these three exercises.

And if you're wondering how the chin-up became one of our “Big 3”, the answer is simple: You're trying to be built like a *badass*, remember? And a badass physique consists of being muscular and lean. We love chin-ups because they force you to improve your relative strength. (Relative strength is your strength in relation to your bodyweight.) Our ideal badass will turn heads with his bench press strength, yet also jump on the chin-up bar and bang out some chins! To us, that's the sign of true upper body strength and function!

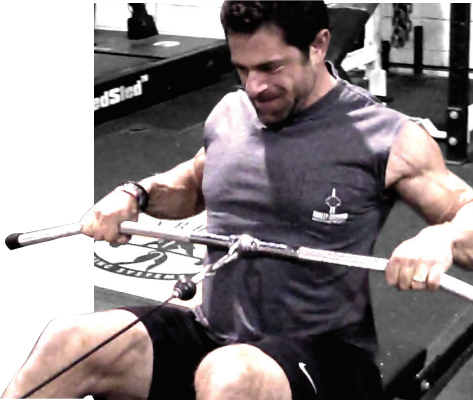
One final note regarding our “BIG 3”:

We've decided to stick with one main lift for each workout throughout the 12-week cycle (as opposed to rotating exercises like in our WS4SB templates). The reasoning behind this was because we realize that most people train at “regular” gyms and their exercise selection is limited due to a lack of equipment. So we decided to stick with three basic, compound movements that anyone can do at any gym. Although these movements may be “basic”, the set and rep scheme we've chosen for each lift are far from “basic”. We have experimented with these sets, reps and percentages for the past year and we've found this set/rep/percentage scheme to be one of the best we've ever used for strength AND muscular gains!



“Bodybuilding” Methods

We've already stated above that we feel creating *tension* in your muscles is the #1 factor for developing strength. Well, the training factor that we feel is mostly responsible for hypertrophy gains is *variety*. This is why, after creating tension in the muscles with your max-effort movement, you will then perform various “bodybuilding” movements during the hypertrophy portion of each workout. We cycle in our favorite “bodybuilding” techniques throughout this 12-week program to ensure your muscles never get “bored” or accustomed to the program. Supersets, drop-sets, rest-pause, timed sets, eccentrics and “total rep goals” (as used in the chin-up) are just a few of the techniques that will keep your muscles guessing—and growing—throughout this program!



“Finishers”

One of the unique aspects of this program is the “finisher” at the end of each workout. These finishers serve two main purposes:

#1 - They are a great way to burn fat in a fraction of the time that it would take you, if you were to perform long distance, “steady state” cardio as your only means of conditioning. Performing these intense, athletic-type activities at the end of your workout (when glycogen and blood glucose levels are low) is a great way to tap into fat stores for fuel and decrease bodyfat levels rapidly!

#2 - They are also a great way to get in shape and remain athletic - without getting bored! We’ve noticed that most former athletes rely on the same old, boring steady-state cardio to “stay in shape” once their playing days are over. But, it doesn’t have to be that way! Now, we’re not saying that you have to run a 4.3-second 40-yard dash or vertical jump 40” anymore; but there’s nothing wrong with having some “go” to go along with your “show”, regardless of your age.

FINAL NOTES

Before we reveal the “Built like a Badass” Program, we need to explain three other “components” of this program...

1 The first thing we want to discuss is the exercise selections that we’ve provided in this program. You will notice that there aren’t any exercises or equipment in this program that can’t be found at just about any gym. We’ve received an overwhelming amount of emails over the years from former athletes who want to perform a “DeFranco-type” program, but they don’t have access to any of the specialized equipment that we have out our gym. Well, we’ve listened to your suggestions and we’ve answered your requests! There isn’t one exercise in this 12-week cycle that requires the use of bands, chains, strongman equipment, specialty barbells, etc. We kept the exercise selections basic, yet the way in which they are performed and how they are organized make them far from basic! You had to know that if we put the “DeFranco” seal of approval on a program, it couldn’t be just a “regular” program. Although you can perform this workout at any “regular” gym; the program is far from “regular”!

2 Another component of this program is the fact that it’s a 3-day-a-week program. This is by design! We realize the most people in the “real world” don’t have the time to train all day, everyday. It may come as a surprise to you, but most of the former athletes and washed-up meatheads that train at our gym or contact us have very successful jobs and businesses. This doesn’t surprise us because these are the exact types of people that don’t like being “average” in any aspect of their lives! They want to run the most successful businesses or be the most successful employees. They also want to be in the best shape and be the best husbands and fathers, etc. Basically, they want to be the best at everything they do. So what we’ve done is create a program that enables you to get in the best shape of your life, while still having enough time to LIVE YOUR LIFE! Trust us, if you perform these workouts exactly the way we’ve designed them, you won’t need (or want) to spend much more time in the gym!


3 Before starting this program, you must establish your TRUE max in the bench press, squat or deadlift, and your chin-up rep max. (FYI, your chin-up rep max is the number of consecutive chin-ups you can perform in one set.) Notice that we said “TRUE” max. Please be honest with yourself with regards to your maxes. If you choose an “inflated” max, you will throw off the entire program! If you don’t like performing true one-rep maxes and you have to “estimate” your max; we highly recommend estimating towards the “low end” of your max.

**OK, the rules and regulations have been set. The talking is done. It’s “go” time!
So without further ado, we present to you the “Built like a Badass” Program...**



WEEK 1


DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
2. **Flat DB Press:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
- 3a. **Seated Overhand Grip Cable Rows:** 4x15
- 3b. **Cable Triceps Pushdowns (straight bar):** 4x15
- 4a. **DB Shrugs (2 Sec Holds):** 3x15
- 4b. **DB Lateral Raises:** 3x15
-  5. **Barbell Complex** (*deadlifts, bent rows, hang cleans, push press, back squat*): 2 sets. Perform 10 reps of each exercise. Rest 90 sec. b/t sets.

DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 10lb. DB's:** 4x6
2. **Squat or Deadlift:** 72.5% x 8, 77.5% x 6, 82.5% x 4
- 3a. **45 Degree Back Raises (hold weight plate over chest):** 3x15
- 3b. **Seated MB Twists (feet off ground):** 3x20 ea side
4. **Timed one-mile run:** You can do this on a treadmill or outside on a track, etc. If you are unable to run due to injuries, you can substitute this with 2 miles on the exercise bike or Elliptical. Whatever you choose, make sure you try and complete the distance in the least amount of time. Record your time!

DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** Chin-up max + 50%
- 2a. **Front Lat Pulldowns (Wide, overhand):** 2 x Max Reps (20-25 Reps 1st Set, 10-20 2nd Set)
- 2b. **Standing DB Military Press:** 2 x Max Reps (15-20 Reps 1st Set, 10-15 2nd Set)
-  3a. **"Rolling" triceps extensions** – 4x8
- 3b. **Hammer Curls (both arms same time)** – 4x8
4. **Core Circuit:** x2
 - A) Toe Touches x20
 - B) Bicycle x 30 Total
 - C) Side Plank x 30sec each side
5. **100 push-ups as fast as possible:** (Record the time it took you to complete the 100 push-ups)

WEEK 2



DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 75% x 7, 80% x 5, 85% x 3 or more
2. **Flat DB Press:** 2 x Max Reps (w/ same weight as last week)
- 3a. **Seated Overhand Grip Cable Rows:** 4x12
- 3b. **Cable Triceps Pushdowns (straight bar):** 4x12
- 4a. **DB Shrugs (2 Sec Holds):** 3x12
- 4b. **DB Lateral Raises:** 3x12
5. **Barbell Complex** (*deadlifts, bent rows, hang cleans, push press, back squat*): 3 sets.
Perform 10 reps of each exercise. Rest 90 sec. b/t sets.



DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 15lb. DB's:** 4x6
2. **Squat or Deadlift:** 75% x 7, 80% x 5, 85% x 3
- 3a. **45 Degree Back Raises (hold weight plate over chest):** 3x12
- 3b. **Seated MB Twists:** 3x15 ea side
4. **Timed one-mile run:** Faster than last week!

DAY 3: UPPER BODY WORKOUT



1. **Chin-ups (total reps) =** chin-up max + 50%
- 2a. **Front Lat Pulldowns (Wide, overhand):** 2 x Max Reps (w/ same weight as last week)
- 2b. **Standing DB Military Press:** 2 x Max Reps (w/same weight as last week)
- 3a. **"Rolling" triceps extensions:** 5x8
- 3b. **Hammer Curls (both arms same time):** 5x8
4. **Core Circuit:** x2
 - A) Toe Touches x20
 - B) Bicycle x 30 Total
 - C) Side Plank x 30sec each side
5. **100 Push-ups:** faster than last week!






WEEK 3



DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
2. **Incline DB Press:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
- 3a. **Bent-over 1-Arm DB Rows:** 4x10 ea arm
- 3b. **Triceps Rope Pushdowns:** 4x10
- 4a. **BB Shrugs (2 Sec Holds):** 3x10
-  4b. **Incline rear dealt flyes, pinkies up:** 3x12
-  5. **Barbell Complex (deadlifts, bent rows, hang cleans, push press, back squat):** 4 sets.
Perform 10 reps of each exercise. Rest 90 sec. b/t sets.

DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 77.5% x 6, 82.5% x 4, 90% x 2
-  2. **Bulgarian Split Squat Jumps:** 4x5 ea leg (BW only)
-  3a. **Stability Ball Hamstring Curls (keep hips up):** 3x15
-  3b. **Weighted Spread Eagle Sit-ups:** 3x15
4. **Alternating Forward Lunge, holding DB's:** 2x45 seconds
5. **Timed one-mile run** – Faster than Week 1!



DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 60%
- 2a. **Front Lat Pulldowns (Neutral Grip):** 2 x Max Reps (20-25 Reps 1st Set, 10-20 2nd Set)
- 2b. **Standing DB Military Press (Neutral Grip):** 2 x Max Reps
(15-20 Reps 1st Set, 10-15 2nd Set)
3. **1-Arm Cable Rear Delt Flyes:** 4x10 ea arm
4. **“Run the rack” DB curls, palms up** – 1 set (Example: 45x8, 35x8, 25x8, 15x8)
-  5. **Core Circuit:** x2
 - A) Sprinter Sit-ups x 20
 - B) V-ups x 15
 - C) Toe Touches x 15
 - D) Hip-ups x 15
6. **100 Push-ups:** faster than last week!




WEEK 4





DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 5, 85% x 3, 95% x 1 or more
2. **Incline DB Press:** 2 x Max Reps (w/ same weight as last week)
- 3a. **Bent-over 1-Arm DB Rows:** 4x8
- 3b. **Triceps Rope Pushdowns:** 4x8
- 4a. **BB Shrugs (2 Sec Holds):** 3x8
-  4b. **Incline rear dealt flies, pinkies up:** 3x10
-  5. **Barbell Complex** (*deadlifts, bent rows, hang cleans, push press, back squat*): 4 sets.
Perform 10 reps of each exercise. Rest 60 sec. b/t sets.

DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 80% x 5, 85% x 3, 95% x 1
-  2. **Bulgarian Split Squat Jumps:** 5x5, holding 5lb. DB's
-  3a. **Stability Ball Hamstring Curls (keep hips up):** 3x15
-  3b. **Weighted Spread Eagle Sit-ups:** 3x15
4. **Alternating Forward Lunge, holding DB's:** 2x60 seconds
5. **Timed one-mile run** – Faster than Week 2!

DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 70%
- 2a. **Front Lat Pulldowns (Neutral Grip):** 2 x Max Reps (w/ same weight as last week)
- 2b. **Standing DB Military Press (Neutral Grip):** 2 x Max Reps
(w/ same weight as last week)
3. **1-Arm Cable Rear Delt Flyes:** 4x10 ea arm
4. **“Run the rack” DB curls, palms up** – 1 set (Example: 45x8, 35x8, 25x8, 15x8)
-  5. **Core Circuit:** x2
 - A) Sprinter Sit-ups x 20
 - B) V-ups x 15
 - C) Toe touches x 20
 - D) Hip-ups x 15
-  6. **Bodyweight Complex** – 3x through, rest 60 sec. b/t sets
 - A) Mountain Climbers x 30
 - B) Push-ups x 20
 - C) Groiners x 10
 - D) Burpees x 5



WEEK 5 DELOAD

DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 50% x 5, 60% x 5
2. **Flat DB Press:** 2 x 15
3. **Seated Cable Rows:** 2x15
4. **DB Shrugs:** 2x10



5. **Barbell Complex** (deadlifts, bent rows, hang cleans, push press, back squat): 1 set.
Perform 8 reps of each exercise w/ just the barbell.

DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 10lb. DB's:** 2x6
2. **Squat or Deadlift:** 50% x 5, 60% x 5
- 3a. **45 Degree Back Raises, BW only:** 2x10
- 3b. **Seated MB Twists:** 2x10 ea side
4. **Steady State cardio:** walk, bike or elliptical: 20-30min. @ 60-70% of your max HR



DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) = 50% of chin-up max**
2. **Standing DB Military Press:** 2 x 15
3. **Incline DB rear delt flyes, pinkies up:** 2x10
4. **Empty Barbell Curls:** 100 total reps (no added weight)
5. **Core Circuit:** x1
 - A) Toe Touches x20
 - B) Bicycle x 20
 - C) Side Plank x 30sec each side




WEEK 6








DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
-  2. **Off-set, Alternate Med Ball Push-ups:** 2 x max reps
- 3a. **Seated Cable Rows (Double-D handle):** 3x12
- 3b. **Lying DB triceps extensions:** 3x12
- 4a. **Cable Face Pull (2 second hold):** 3x12
- 4b. **Zottman Curls:** 3x12
-  5. **DB Complex** (*front squat, swings, unilateral curl+press, squat jumps*): 3 *ascending sets. Rest 60 seconds between sets. *1st set perform 7 reps of each exercise. 2nd set perform 8 reps of each exercise. 3rd set perform 9 reps of each exercise.

DAY 2: LOWER BODY WORKOUT

-  1. **Kneeling Jumps** (holding med ball or w/ barbell on back): 4x5
2. **Squat or Deadlift:** 72.5% x 8, 77.5% x 6, 82.5% x 4 or more
-  3a. **Supine Hip Thrust** (shoulders & feet elevated): 3x12
-  3b. **Stability Ball Plank** (Ball Under Arms, Feet On Bench): 3x30 seconds
4. **DB Reverse Lunge, front foot elevated:** 2x10 ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 8-10 times.



DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 60%
-  2. **Rest-Pause, 3-Second Eccentric Front Lat Pulldowns** (Wide, overhand): x1
-  3. **Standing DB "Modified Arnold Press":** 3x10
-  4. **Blackburns:** 4 Positions, 15 Seconds each x 2 sets
5. **Cable Curls:** 3x15
-  6. **Core Circuit:** x 2
 - A) V-ups x 20
 - B) Hip-ups x 20
 - C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side
-  7. **Bodyweight Complex:** 4x through, rest 60 sec. b/t sets
 - A) Mountain Climbers x 30
 - B) Push-ups x 20
 - C) Groiners x 10
 - D) Burpees x 5




WEEK 7








DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 75% x 7, 80% x 5, 85% x 3 or more
-  2. **Off-set, Alternate Med Ball Push-ups:** 2 x max reps
- 3a. **Seated Cable Rows (Double-D handle):** 3x10
- 3b. **Lying DB triceps extensions:** 3x10
- 4a. **Cable Face Pull (2 second hold):** 3x10
- 4b. **Zottman Curls:** 3x10
-  5. **DB Complex (front squat, swings, unilateral curl+press, squat jumps):** 4 *ascending sets. Rest 60 seconds between sets. *1st set perform 7 reps of each exercise. 2nd set perform 8 reps of each exercise. 3rd set perform 9 reps of each exercise. 4th set perform 10 reps of each exercise.

DAY 2: LOWER BODY WORKOUT

-  1. **Kneeling Jumps (holding med ball or w/ barbell on back):** 5x5
2. **Squat or Deadlift:** 75% x 7, 80% x 5, 85% x 3 or more
-  3a. **Supine Hip Thrust (shoulders & feet elevated):** 3x15
-  3b. **Stability Ball Plank (Ball Under Arms, Feet On Bench):** 3x45 seconds
4. **DB Reverse Lunge, front foot elevated:** 2x12 ea leg w/ same weight as last week
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 10-12 times.





DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 60%
-  2. **Rest-Pause, 3-Second Eccentric Front Lat Pulldowns (Wide, overhand):** x1
-  3. **Standing DB "Modified Arnold Press":** 3x8
-  4. **Blackburns:** 4 Positions, 20 Seconds each x 2 sets
5. **Cable Curls:** 3x12
-  6. **Core Circuit:** x 2
 - A) V-ups x 20
 - B) Hip-ups x 20
 - C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side
-  7. **Bodyweight Complex:** 5x through, rest 60 sec. b/t sets
 - A) Mountain Climbers x 30
 - B) Push-ups x 20
 - C) Groiners x 10
 - D) Burpees x 5





WEEK 8





DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
-  2. **Alternate DB bench (flat bench):** 2x10 ea arm
-  3. **Standing Rope "J" Pulldowns:** 4x12
-  4. **3-Way "Shoulder Shocker":** 2x10 ea
- 5a. **Timed DB Shrugs:** 2 x 30sec
- 5b. **Alt. Hammer Curls:** 2x10ea arm
-  6. **DB Complex (front squat, swings, unilateral curl+press, squat jumps):** 5 *ascending sets. Rest 60 seconds between sets. *1st set perform 6 reps of each exercise. 2nd set perform 7 reps. 3rd set perform 8 reps. 4th set perform 9 reps. 5th set perform 10 reps.

DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 77.5% x 6, 82.5% x 4, 90% x 2 or more
-  2. **Split Squat Jumps (BW only):** 3 x 20sec.
-  3a. **DB RDL:** 3x12
-  3b. **Plank "shoulder touches":** 3x12 ea shoulder
-  4. **Single Leg "Speed Skater" Squats:** 2x8ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 12-14 times.





DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 70%
2. **Drop-Set Front Lat Pulldowns (wide, overhand):** 2x8,6,6 (8 reps, drop 20lbs., 6 reps, drop 10lbs., 6 more reps)
- 3a. **Seated DB "Modified Arnold Press":** 3x8
-  3b. **Incline DB "cleans":** 3x10
4. **Barbell Curls:** 4x8
5. **Core Circuit w/Med Ball:** x2
 - A) Spread Eagle Situps x 15
 - B) Seated Twists x 20ea side
 - C) Toe Touches x 20
-  6. **Barbell Push-ups, descending sets ("18 down to 1"):** Perform 18 barbell push-ups, then 17, then 16, then 15, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.





WEEK 9





DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 5, 85% x 3, 95% x 1 or more
-  2. **Alternate DB bench (flat bench):** 2x12 ea arm
-  3. **Standing Rope "J" Pulldowns:** 4x10
-  4. **3-Way "Shoulder Shocker":** 2x10 ea
- 5a. **Timed DB Shrugs:** 3 x 30sec
- 5b. **Alt. Hammer Curls:** 3x8ea arm
-  6. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 3 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps.

DAY 2: LOWER BODY WORKOUT

1. **Squat or Deadlift:** 80% x 5, 85% x 3, 95% x 1 or more
-  2. **Split Squat Jumps (BW only):** 3 x 30sec
-  3a. **DB RDL:** 3x10
-  3b. **Plank "shoulder touches":** 3x12 ea shoulder
-  4. **Single Leg "Speed Skater" Squats:** 2x10ea leg
5. **Tabata-style Jump Rope:** Jump rope as fast as you can for 20 seconds and then take 10 seconds off. Repeat this 14-16 times.

DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 70%
2. **Drop-Set Front Lat Pulldowns (wide, overhand):** 2x8,6,6 (8 reps, drop 20lbs., 6 reps, drop 10lbs., 6 more reps)
- 3a. **Seated DB "Modified Arnold Press":** 3x8
-  3b. **Incline DB "cleans":** 3x10
4. **Barbell Curls:** 5x6
5. **Core Circuit w/Med Ball:** x2
 - A) Spread Eagle Situps x 20
 - B) Seated Twists x 20ea side
 - C) Toe Touches x 25
-  6. **Barbell Push-ups, descending sets ("19 down to 1"):** Perform 19 barbell push-ups, then 18, then 17, then 16, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.



WEEK 10 – DELOAD

DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 50% x 5, 60% x 5
- 2a. **Push-ups:** 2x20
- 2b. **Seated Cable Neutral Grip Rows:** 2x20



3. **Bicep "21's" (version 2.0):** 1 set



4. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 1 set. Perform 8 reps of each exercise w/ just the barbell.

DAY 2: LOWER BODY WORKOUT

1. **Kneeling Jumps:** 2x6 (BW only)
2. **Squat or Deadlift:** 50% x 5, 60% x 5



- 3a. **Stability Ball Hamstring Curls (keep hips up):** 2x10

- 3b. **Stability Ball Plank (Ball Under Arms, Feet On Bench):** 2x30sec.

4. **Steady State cardio:** walk, bike or elliptical: 20-30min. @ 60-70% of your max HR





DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) = 50% of chin-up max**
- 2a. **Front Lat Pulldowns (Wide Grip):** 2x10
- 2b. **Seated DB lateral raises:** 2x10
3. **Blackburns:** 4 Positions, 15 Seconds each (1 set)
4. **Cable Curls:** 2x12
5. **Core Circuit:** x2
 - A) V-ups x 15
 - B) Hip-ups x 15
 - C) Alternating Toe Touch (i.e. Right hand to Left Foot, etc) x 15ea side



WEEK 11





DAY 1: UPPER BODY WORKOUT

1. **Bench Press:** 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, *102% x 1 *If you get 102% with "room to spare", you can add some weight and do another single.
-  2. **DB Floor Press, palms in:** 2 x Max Reps using the same weight (Choose a weight that you can get around 20-25 reps with on the 1st set.)
-  3. **BW Inverted Row (feet elevated if necessary):** 2xMax (Stop set when you can no longer touch your chest to the bar.)
-  4. **Barbell Overhead Shrugs:** 3x15
5. **Rest-Pause Incline DB curls, palms up:** (3xMax, 20 Sec Rest): x1
-  6. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 4 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps. 4th set perform 7 reps.

DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 10lb. DB's:** 3x5
2. **Squat or Deadlift:** 80% x 4, 87.5% x 2, 92.5% x 1, 97.5% x 1, *102% x 1 *If you get 102% with "room to spare", you can add some weight and do another single.
-  3a. **Single leg supine hip thrust (foot elevated):** 3x10ea leg
- 3b. **DB Side Bends:** 3x15ea side
-  4. **Low box heel touches:** 2x12ea leg




DAY 3: UPPER BODY WORKOUT

1. **Chin-ups (total reps) =** chin-up max + 80%
- 2A. **1-Arm, 3-Second Eccentric Front Lat Pulldowns:** 2 x 12ea
- 2B. **Standing DB Side Press:** 2x12ea arm
3. **Incline DB rear delt flyes, thumbs up:** 3x15
4. **Eccentric BB Curls:** 2x5 ("cheat" weight up, lower as slow as possible)
-  5. **45lb. Plate Core Circuit:** 15ea. exercise, 2x thru
 - A) Standing Russian Twists
 - B) Standing Side Bends
 - C) Crunches, feet on floor
 - D) Crunches, legs at 90 degrees
 - E) Toe Touches
-  6. **Barbell Push-ups, descending sets ("20 down to 1"):** Perform 20 barbell push-ups, then 19, then 18, then 17, etc. Rest the least amount of time between sets while still enabling yourself enough recovery time to complete all the reps in each set.



WEEK 12




DAY 1: UPPER BODY WORKOUT

1. ***Bench Press:** 185 lbs. or 225 lbs. for 1 set of max reps. *If you're going to perform the 185-pound rep test, use this warm-up: Barx10, 95x5, 135x3, 165x2, 195x1, (225x1 if strong enough) *If you're going to perform the 225-pound rep test, use this warm-up: Barx10, 135x5, 185x3, 225x1, 275x1, (315x1 if strong enough)
-  2. **BW Inverted Row (feet elevated if necessary):** 2xMax (Stop set when you can no longer touch your chest to the bar.)
-  3. **Barbell Overhead Shrugs:** 3x15
4. **Rest-Pause Incline DB curls, palms up:** (3xMax, 20 Sec Rest): x1
-  5. **"BeZercher" Barbell Complex (Zercher squats, Zercher reverse lunges, curl to press, RDL's, bent rows):** 5 *descending sets. Rest 60 seconds between sets. *1st set perform 10 reps each exercise. 2nd set perform 9 reps. 3rd set perform 8 reps. 4th set perform 7 reps. 5th set perform 6 reps.

DAY 2: LOWER BODY WORKOUT

1. **DB Squat Jumps, holding 10lb. DB's:** 5x5
-  2. **Low box heel touches:** 3x12ea leg
-  3a. **Single leg supine hip thrust (foot elevated):** 3x12ea leg
- 3b. **DB Side Bends:** 3x15ea side
4. **Tabata-style Jump Rope:** 20 seconds on, 10 seconds off. Go through this as many times as you can handle!

DAY 3: UPPER BODY WORKOUT

1. **Chin-ups:** 1 x max reps
- 2a. **1-Arm, 3-Second Eccentric Front Lat Pulldowns:** 2 x 10ea
- 2b. **Standing DB Side Press:** 2x10ea arm
3. **Incline DB rear delt flyes, thumbs up:** 3x15
4. **Eccentric BB Curls:** 3x5 ("cheat" weight up, lower as slow as possible)
-  5. **45lb. Plate Core Circuit:** 15ea. exercise, 2x thru
 - A) Standing Russian Twists
 - B) Standing Side Bends
 - C) Crunches, feet on floor
 - D) Crunches, legs at 90 degrees
 - E) Toe Touches
6. **Push-up test:** 1 x max reps of 'regular' push-ups

Faq



Q: I'm a little confused as to what I should use this program for? Is it best suited for a bulking phase, cutting phase, or strength phase?

A: We like to think of this program as somewhat of a “new breed” of program. Instead of focusing on just one phase of training, this program is all about being well-rounded! Picture the physiques of NFL running backs, UFC fighters or Olympic sprinters; they are all muscular, yet lean and athletic. They are all very strong, yet their main focus isn't breaking world records in the bench press or squat. Basically, these athletes will impress you with almost all aspects of fitness, yet they are not overly concerned with any one aspect in particular.

If you're a powerlifter and your only concern is to improve your bench press, squat and deadlift – this program is not for you. Likewise, if you're a bodybuilder and your only concern is to pack on the most amount of muscle that's humanly possible (regardless if it's functional or not) – this program is not for you, either. But, if you're someone who wants the strength, muscularity, athleticism and conditioning of a competitive athlete – this program is for you!

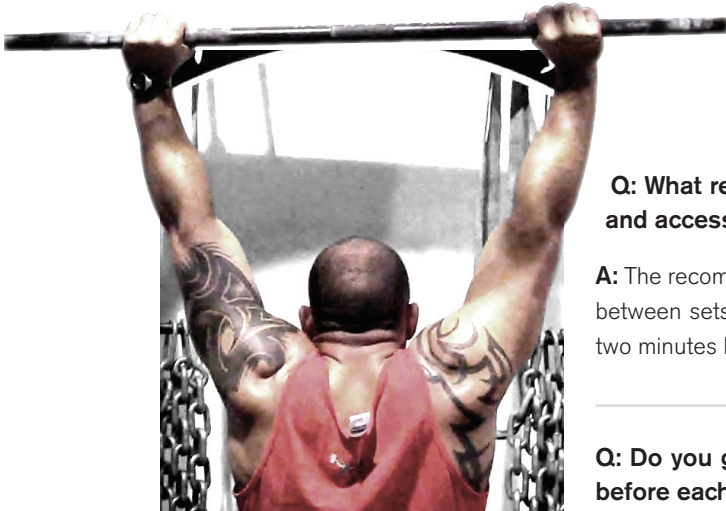
Q: What should I do after I complete the 12-week cycle?

A: After completing the 12-week program, we recommend taking a week off. A deload week is up to you, however. Whether you choose to take a week off or not, you should restart with Week 1 and make sure to use your new and improved maxes. In addition, to add more difficulty to the program, you can add more sets or weight to your “finishers” if you feel like you can handle it.

Q: I'm using the bench press and box squat as my main lifts on your Badass Program. After the 12 week cycle is done, can I go through it again but use different exercises as my “main” lift on Day 1 & Day 2?

A: Upon completion of your first 12-weeks, you can switch your main exercises. For example: lower body recommendations include box squats, free squats, front squats, conventional deadlifts, Trap Bar deadlifts or sumo deadlifts. For upper body (bench) we recommend regular barbell bench, barbell floor press, incline barbell bench or close grip bench. In addition, you can also switch your chin-ups to pull-ups or neutral grip. This freedom is given to you depending on what is available/allowed at your training facility.





Q: What rest periods do you recommend for the max-effort lifts and accessory lifts?

A: The recommended rest periods for max-effort exercises are 3-5 minutes between sets. The recommended rest periods (if not specified) are one to two minutes between sets for all accessory exercises.

Q: Do you guys have any suggestions on how I should warm up before each workout?

A: Yes, we have come up with two very simple and practical warm-ups for both upper body and lower body workouts. Before lower body workouts, we highly recommend using our **“Agile 8”** routine. This routine requires the use of a foam roller and lacrosse or tennis ball. We highly recommend purchasing these inexpensive tools as they will pay huge dividends with regards to your flexibility, mobility and overall joint and muscular health. For the upper body, we recommend our **“Simple 6”** warm-up routine. This routine requires the use of a foam roller and **light band**, which can be purchased at elitefts.com. Please don't neglect these quick warm-ups! Far too many people skip the warm-up to “save time”, yet they end up wasting more time rehabbing injuries that occur because they weren't warmed up properly! Our “Agile 8” and “Simple 6” warm-ups are quick and extremely effective for keeping your body flexible and healthy. Do them before each workout. Period.

Q: How many warm-up sets should I perform before my 3 “work sets” that are listed for the bench press and squat/deadlift?

A: The number of warm-up sets will vary depending on your level of strength. (The stronger you are, the more warm-up sets you will need.) Ideally, you would like to keep the number of warm-ups for this program between 2-5 sets. We also suggest using low reps for your warm-up sets so you don't fry yourself out before your work sets. Here is an example of a warm-up for the Week 1 workout if your 1 rep max is 275 lbs:

Bar x 10
95 x 5
135 x 3
185 x 2
Work Sets – 200x8, 215x6, 225x4 or more

Here is an example for Week 1 if your 1 rep max is 185:

Bar x 10
95 x 5
115 x 3
Work Sets – 135x8, 145x6, 155x4 or more





Q: Although the Badass Program only calls for 3 workouts a week, can I train more often? I like to train 3-5 times a week.

A: Our main reason for making this program “only” 3 days a week is because we believe training must fit your lifestyle. We realize that you have a life outside of the gym that consists of work, family, other obligations, etc. With this program, you DO NOT have to live in the gym to make progress and see results. Go out and use your new-found strength/athleticism and experience new things such as hiking, playing catch with your kids, playing pick-up basketball or whatever it is you want to do. If you feel the need to do more than what is written in the program—then by all means—you can add to it. If you like to lift, you can do some accessory work one day a week and focus on your weak points. The key is to not do too much and take away from your three main days when performing your “extra” workout. If you are more into the “cardio” portion of the program, you can add some sprints or additional steady-state cardio (bike, treadmill, elliptical) on one or two other days.

Q: I noticed that on the 3rd “work set” of the main lift on Day 1 and sometimes on Day 2, you use the term “or more”. Does this mean my goal is to do more than the prescribed amount of reps for this set?

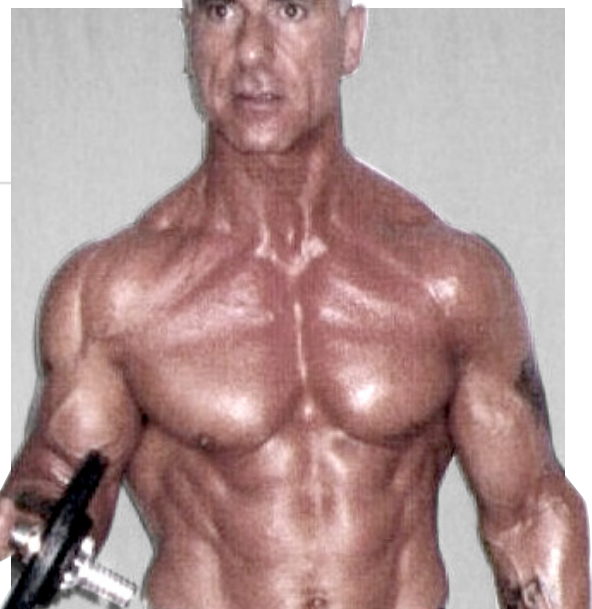
A: The number of reps on the third work set is not always engraved in stone on this program. We realize that people are going to have good days and bad days, so we left the final work set “open-ended”. The minimum goal for the third set is the number given. For example, the third work set on Week 1 (Day 1) is “82.5% x 4 or more”. You are only required to do 4 reps for this set. But, if you’re feeling good, do as many reps as possible on this set. On a good day, you should always be able to do more reps than the “required” number of reps given for the third set. Record the number of reps you perform on these sets so you can try and beat that number during future workouts. You will basically be trying to set “rep records” for different percentages of your 1RM during this workout.

NOTE: During the first 5 weeks of your DAY 2 workouts, the third set of squats or deadlifts does not say “or more”. This is by design! Because you will be running a mile as your “finisher”, we do not want you frying your legs/lower back out by performing max reps. You will not start setting “rep records” on squats or deadlifts until Week 6.

Q: I’m a little confused regarding the chin-up portion of the program. What exactly does it mean when you say “chin-up max + 50% or 60%”, etc.? How am I performing these sets/reps?

A: To clarify, here’s what we mean when we say “chin-up max + 50%”...

Let’s say that you can perform 12 max chin-ups. 50% of 12 is 6. So you would add your chin-up max (12) + 6. This means that you are required to perform





18 total chins. It doesn't matter what set/rep scheme you decide to use; you just need to complete 18 reps before moving onto the next exercise.

We don't recommend going to failure on your first set because this tends to fry you out. In the above example, a guy that needs to complete 18 total reps may do this: 1st set = 9 reps, 2nd set = 4 reps, 3rd set = 3 reps, 4th set = 2 reps.

Also, there are no required rest periods for the chin-ups on this program. Rest as long or as little as you need to complete all your reps!

Q: I want to do this program but I can't even perform one chin-up! What should I do?

A: Even if you can't perform a chin-up, you can still do this program! We recommend substituting your chin-ups with 2-3 sets of "flexed arm hangs" (for max time) during the first six weeks of the program. Then, during Weeks 7-12, you can substitute your "flexed arm hangs" with "Eccentric Chins". To perform an eccentric chin-up, simply jump up (or have someone assist you up) and then lower yourself as slowly as possible. Perform 2-4 sets of 3-5 reps in this manner.

After 12 weeks on this program, you should be able to bang out at least a few chins. You can then perform the program as it's written in this manual.

Q: Why do some of the numbers before the exercises in this program have letters after them?

A: Letters written after numbers represent "supersets". Supersets are when you go from one exercise to the next, without any rest. For example, if you see two exercises represented by "4A & 4B" respectively – this means that you would perform 4A and then immediately perform 4B. After you perform both exercises back-to-back, you can rest 1-2 minutes before performing the next set.

